



Bounce to Better Health

Activity is Healthy

Healthy eating and activity promotes good health especially in children. Help your child to have fun and move with a ball.

Listed below are fun activities you can help your child do with a ball. The activities are listed in groups for children ages one through four.

Fun Activities with a Ball

Age 1

Free Play:

Allow the child time to get comfortable with the ball by just:

- Holding the ball
- Roll the ball around
- Bounce the ball

Age 2

Ball on the ground: run around the ball

Hold the ball:

- Up high
- Down low
- In back

Movement activity: Pick a target for the child to run to as fast as they can with the ball, i.e. a tree

Age 3

Ball on the ground:

- Stand behind the ball and see if you can jump over it. Can you jump over it three times?
- Hop around the ball
- Gallop around the ball

Sitting on the floor:

- Roll the ball around you
- Roll the ball under you
- Roll the ball over you
- Touch different parts of body with ball i.e. nose, ear.



Ways to hold ball:

- Between the knees
- Between the elbows
- Hold the ball in one hand and stand on one foot

Movement activity:

- Run to target with ball
- Take big steps holding ball on head
- Walk with ball touching your back

Throwing ball:

- With two hands at a target
- Into a target like a laundry basket
- Throw in yard and run after it



Age 4

Ball on the ground:

- Stand beside ball and jump sideways over ball
- Jump more than one time over ball
- Move the ball using no hands or feet

Sitting on the floor:

- Hold or move the ball without using your hands

Movement Activity:

- Hop to target with ball in both hands
- Skip to target with the ball

Throwing ball:

- Throw ball with one hand at target

Bounce and catch ball:

- With two hands or with one hand while standing in place
- As you walk
- Back and forth to another person (Start close together and move back as child becomes comfortable.)
- While on your knees

Kicking the ball:

- Against the wall with a foot
- Try to kick more than once without stopping ball
- Between two targets like cereal boxes or chairs
- Back and forth to a partner

